

THE 50+ Connection

NEWS and EVENTS from the
Howard County Office on Aging and Independence

Department of Community Resources and Services

Volume 6, No. 11 • November 2016

Supporting the Caregiver's Journey

The primary rule of taking care of others is to take care of yourself first. Caregiving can be a rewarding experience, but it is also physically and emotionally demanding. Each November, National Family Caregivers Month (NFCM) calls attention to the fact that family caregivers need support too, in the form of quality services, resources and tools to help them better navigate their caregiving efforts. Fittingly, the 2016 NFCM theme is "Take Care to Give Care."

Caregiving today takes place in a different world than the one in which our grandparents lived. Family structures are different and more complex, with an evolution from mostly rural to increasingly urban and suburban environments. Families are often spread across the country, leaving few, if any, family members to care for older or ailing relatives. They may live apart from their loved one, have a full-time job, and their own family to support, yet are expected to provide complex care, which 10 years ago would have been considered skilled nursing care.

Between now and 2035, the population of those aged 80 and older is projected to almost quadruple in Howard County. It is clear that caregivers – both family and professional – will play an ever more crucial role in the lives of older adults. One of the priorities outlined in Howard County's 20 year master plan, "Planning for the Growth of the Older Adult Population in Howard County: Creating an Age-Friendly Community" is to promote the physical, emotional and financial well-being of caregivers, as well as those for whom they care. The focus of the County's Caregiver Support Program, coordinated by the Office on Aging and Independence (OOAI) is to:

- Develop an expanded network of resources and supports for caregivers to include needs assessment, care management and respite care.
- Offer training opportunities in multiple formats to best suit the individual caregiver.

Caregivers often do not know where to turn for help or how to pay for needed services and supports. The Caregiver Support Program offers several options for caregivers. The program is federally funded under the Older Americans Act, which allows the OOAI to provide:

- Information and assistance for caregivers to learn about and gain access to available resources.
- Limited funding for respite care and supplemental services. Time off for the caregiver is crucial; grant funding gives those who are the most economically and socially challenged some much-needed relief. Supplemental help refers to items not otherwise covered by insurance (e.g. adult diapers, dental expenses and more).
- Individual counseling, support groups, and caregiver training/education. These include *Powerful Tools for Caregivers* – a 6-week, evidenced-based program which addresses the

caregiver's well-being; educational sessions throughout the year; an annual caregiver conference; and the *Caring Conversations Series*, which focuses on additional and alternative resources.

Remember, only by taking care of *yourself* can you be strong enough to take care of your loved one. "Take care to give care!"

For more information, visit www.howardcountymd.gov/caregiver or call Kathy Wehr at 410-313-5955 (voice/relay).



A Message from
Howard County Executive

Allan H. Kittleman

Join me in welcoming Steven A. Bullock as the new Director of the Department of Community Resources and Services. Steve will begin his new role with DCRS on November 1.

Steve has an impressive background in human services. His extensive experience developing systems of support, working with community and faith-based organizations and improving the delivery of critical services will be a tremendous asset to DCRS.

I am confident he is the right person to continue our forward momentum. Under his leadership, we will continue to address the needs of multiple generations, tailor services to different cultural values and promote full inclusion for individuals with disabilities.

Over the past 17 years, Steve has held a number of positions with Multnomah County, Oregon. Since 2005, he has worked in the County's Emergency Management Department, developing a culturally competent emergency communications plan for the most vulnerable populations and non-majority English speaking populations. Prior to that, he served as Chief Operations Officer of the Department of County Human Services, where he was responsible for the operation and improvement of a variety of systems that create and deliver services, including Mental Health and Addiction Services, Aging and Disability, Domestic Violence, Developmental Disability and Supportive Housing.

Steve's commitment to community service is strong. Since 2005, he served as Board Chairman of the African American Health Coalition (AAHC), a nonprofit organization that promotes wellness for African Americans who live in Portland. He also served on the Board of Directors of the National Alliance on Mental Illness (NAMI) from 2007 to 2011, implementing new ideas to connect NAMI with diverse populations.

Steve is excited and enthusiastic about leading Howard County's Department of Community Resources and Services. He looks forward to building on the foundation that already exists and continuing the "no wrong door" approach to ensure Howard County residents have the resources they need to grow, thrive and live with dignity.



**For adults looking for a structured day
of fun, fitness and support!**

CONNECTIONS

Social Day Program of Howard County

Howard County Office on Aging and Independence operates three therapeutic social day programs for adults aged 18 and over. Formerly known as Senior Center Plus, the Connections Social Day Program of Howard County is located at the Ellicott City, North Laurel and Glenwood 50+ Centers. This day program serves adults of all ages who may need additional structure and assistance. The activities are specifically designed to engage participants and help them stay more connected to their community.

A Program for Older Adults to Remain Active When Guidance or Supervision is Needed

With trained staff and a 1:8 staff to participant ratio, the **Connections Social Day Program** offers participants a four-hour structured day of interesting activities designed to maintain one's independence while providing assistance and oversight as needed.

The Connections program includes:

- Daily Seated Exercise
- Music
- Dance
- Creative Arts
- Life Review and Memory Enhancement
- Cards and Games
- Trips and Outings
- Intergenerational Programming
- and much more!

The social component of the program is very important. Even individuals who are not typically "joiners" enjoy the camaraderie and opportunities for fun, creativity and more. Remaining socially active is a crucial element to enhance memory and overall mental health.

Also, when a program participant is at the center, their caregiver receives a few hours of respite to take care of other responsibilities or enjoy some well-deserved rest and relaxation!



Howard County Office on
Aging and Independence

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This publication is available in alternate formats upon request.
To join our subscriber list, email kahenry@howardcountymd.gov

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410-313-6410 (VOICE/RELAY) • www.howardcountymd.gov/aging

Find us on  [www.Facebook.com/HoCoCommunity](https://www.facebook.com/HoCoCommunity)

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kahenry@howardcountymd.gov

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How to Enroll

Contact the director at the center nearest you to arrange a visit, to get more information, or to discuss enrollment:

Connections Social Day Program at Ellicott City

9401 Frederick Road, Ellicott City, MD 21042
410-313-1425 (voice/relay)

Connections Social Day Program at Glenwood

2400 Route 97, Cooksville, MD 21723
410-313-5442 (voice/relay)

Connections Social Day Program at North Laurel

9411 Whiskey Bottom Road, Laurel, MD 20723
410-313-7218 (voice/relay)

A daily fee covers all program costs, trips, snacks and lunch; a sliding scale is offered to Howard County residents. Transportation is the responsibility of family/caregiver; however, staff can provide information about public and private transportation options.

Medicare Open Enrollment

October 15 through December 7, 2016

By appointment ONLY. Call 410-313-7392.

Regular SHIP schedule, plus these additional locations/hours:

Bain 50+ Center

5470 Ruth Keeton Way, Columbia 21044

Thursday, November 3 • 5:00 – 8:00 p.m.

Saturday, November 5 • 9:00 a.m. – 1:00 p.m.

Thursday, November 17 • 5:00 – 8:00 p.m.

Ellicott City 50+ Center

9401 Frederick Road, Ellicott City 21042

Friday, November 18 • 9:00 a.m. – 3:00 p.m.

Glenwood 50+ Center

2400 Route 97, Cooksville 21723

Tuesday, November 8 • 9:00 a.m. – noon

North Laurel 50+ Center

9411 Whiskey Bottom Road, Laurel 20723

Wednesday, November 16 • 1:00 – 4:00 p.m.



**KNOW YOUR OPTIONS.
Contact us for help.**

www.howardcountymd.gov/SHIP



Help us Celebrate the Spirit of the Holidays!

Paws4Comfort is accepting new gift donations for the residents of Lorien Nursing Home. Suggested items include shawls, scarves, puzzle books, calendars, small stuffed animals and jigsaw puzzles. Gifts may be dropped off at Bain 50+ Center in the "LORIEN" box no later than December 9. Thank you!

Last 2016 Evaluation Dates:
Thursday, November 10 and December 1

PET EVALUATIONS
Bain 50+ Center
5470 Ruth Keeton Way, Columbia 21044

Howard County Office on
Aging and Independence

Ingrid Gleysteen, PROGRAM COORDINATOR
410-313-7461 • igleysteen@howardcountymd.gov
www.howardcountymd.gov/paws

Tickets are going fast!
Get YOURS today!

THANKSGIVING CELEBRATION!

THE *Giving Thanks*
LUNCHEON and DANCE

Music by "A Classic Case"

Thursday, November 17, 2016

Ten Oaks Ballroom

5000 Signal Bell Lane, Clarksville 21029

Doors Open 10:30 a.m. • Program Begins 11 a.m. • Lunch 12 noon

Tickets on Sale at all Howard County 50+ Centers \$14/person

PLEASE BRING NON-PERISHABLE FOOD ITEMS
FOR THE HOWARD COUNTY FOOD BANK

FOR MORE INFORMATION, CALL

410-313-5440 (VOICE/RELAY)

Howard County Office on
Aging and Independence
www.howardcountymd.gov/aging

If you need this in an alternate format, or need accommodations, to attend this event, call Maryland Access Point at 410-313-1234 (VOICE/RELAY) or email to map@howardcountymd.gov by November 10.



NEW GROUP TIMES!

Seniors Together
CONNECT • LEARN • GROW

Low-Vision Group • Tuesdays, 10:15 to 11:45 a.m.

Bain 50+ Center, 5470 Ruth Keeton Way, Columbia 21044

Men's Forum • Thursdays, 10:00 a.m. to noon

Ellicott City 50+ Center, 9401 Frederick Road, Ellicott City 21042

Contact Karen Hull

410-313-7466 (VOICE/RELAY) • khull@howardcountymd.gov

Handmade with LOVE

A Local Initiative of **Operation Gratitude**
in Appreciation to All Who Serve

DO YOU LIKE TO KNIT OR CROCHET?

Operation Gratitude collects homemade scarves for military members. Please drop off your homemade scarves (in individual sealable plastic bags) no later than November 15.

Please pin a note to each scarf with the yarn fiber contents listed and feel free to include a personal note for a military member.

Our soldiers are always deeply touched by the care and effort when they receive gifts, but especially handmade items sent from supportive fellow Americans at "home."

- Scarves should be 4" wide x 36" long. **Please, NO fringe!**
- Colors should be subtle shades or earth tones: blues, browns, olive, grays, maroon, and black are excellent choices.
- Scarves can be made from wool or acrylic yarn or non-flammable fleece.

Drop off at any Howard County 50+ Center or the Howard County Office of Veterans and Military Families

Howard County Office of
Veterans and Military Families

For more information, contact Lisa B. Terry

★ PHONE 410-313-0821 (VOICE/RELAY)

★ EMAIL lbterry@howardcountymd.gov

6751 Columbia Gateway Drive, Suite 300, Columbia, MD 21046

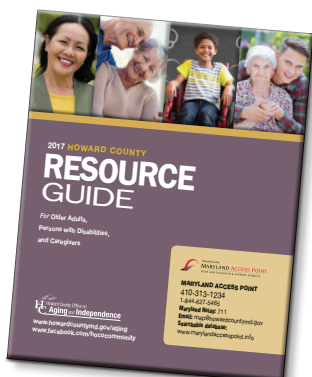
www.howardcountymd.gov/veterans • www.facebook.com/HoCoMilitary

The Department of Community Resources and Services provides vital human services through its offices of ADA Coordination, Aging and Independence, Children and Families, Community Partnerships, Consumer Protection, Local Children's Board, and Veterans and Military Families.

Howard County Office on Aging and Independence 2017 Resource Guide

The latest edition of Howard's County's Resource Guide is now available at:

- Office on Aging and Independence
6751 Columbia Gateway Drive, Columbia 21046
- Howard County 50+ Centers
- Howard County Libraries
- By Mail – Contact Maryland Access Point (MAP) at 410-313-1234



Howard County 50+ Centers CALENDAR HIGHLIGHTS

Go to www.howardcountymd.gov/50pluscenters
for a complete list of events, programs and services.

Bain 50+ Center

Tuesday, November 8 • 10:30 a.m. –

George Washington: The First American

Join Craig Gotschall, Ambassador to the George Washington Masonic National Memorial, as he discusses Washington's lasting contributions to America. FREE. RSVP: 410-313-7213.

Thursday, November 10 • 9:30 a.m. – **Veteran's Day Waffle Bar**

After all you've done for us, this is the least we can do to thank you. In honor of Veteran's Day, we want to serve you. Join us for a hot waffle with toppings. RSVP by November 3: 410-313-7213.

Tuesday, November 15 • 10:30 a.m. –

Olde Golde Presents: Moments to Remember

Jim Blackwell, keyboardist, and Larry Stauffer, vocalist, perform tunes from the 1950's. Join us for a sing along! FREE.

East Columbia 50+ Center

Wednesday, November 2 • 10 a.m. to 2:30 p.m. –

Retirement and Life Planning Workshop

Learn how to have a successful retirement with Mary Pat Donelan, certified retirement coach; discuss Medicare enrollment with a SHIP counselor; and get an economic check-up with a Maryland Access Point specialist. Cost: lunch donation. Register: 410-313-7680.

Tuesday, November 15 • 10 a.m. – **Color with a Cop**

Come relax for an hour of peaceful coloring and talk to our Senior Liaison officer, André Lingham. No experience needed, all materials provided. FREE. Register: 410-313-7680.

Wednesday, November 30 • Noon – **How Can I Give Back?**

Add meaning and purpose to your life and find opportunities to give back by matching your interests with current community needs. Cost: lunch donation. Register: 410-313-7680.

Every Tuesdays • 11 a.m. to 1 p.m. – **Sew Who Cares**

Join us to knit, crochet and stitch hats, scarves and bandannas to make shelter animals more appealing when their pictures are posted on Facebook and other sites for adoption. FREE. Yarn provided.

Elkridge 50+ Center

Wednesday, November 9 • 10:30 a.m. to noon –

Stamping Made Easy

Design beautiful holiday cards just in time to brighten someone's day. Cost: \$5/three cards; register: 410-313-5192.

Wednesday, November 16 • 9 a.m. to noon –

Pancake Breakfast with Dr. Dan

Enjoy homemade pancakes and eggs, and then listen to Dr. Dan Storch as he shares tips to help you stay positive in our changing world. FREE; donations accepted. Register: 410-313-5192.

Wednesday, November 18 • 11 a.m. to noon – **Let's Dish**

Learn how to create a Mexican casserole with chicken, beans and cheese that is sure to please! FREE; donations accepted. Register: 410-313-5192.

NOVEMBER

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Ellicott City 50+ Center

Thursday, November 10 • 12:30 p.m. –

All About Memories Trio

Join Vel, Jim and Bill and dance to some oldies but goodies and more! FREE. Details: 410-313-1400.

Tuesdays, Nov. 15 - Dec. 20 • 2:30 to 4 p.m. –

SeniorsTogether Bereavement Group

Explore the process of mourning and coping with grief in a supportive atmosphere. Nominal fee; to register, contact Karen Hull at 410-313-7466 or khull@howardcountymd.gov.

Wednesday, November 30 • 10 a.m. to 5 p.m. –

Ellicott City 50+ Center Council Holiday Craft Boutique

More than 35 vendors will offer handcrafted items to please everyone on your holiday shopping list! Admission \$1; details: 410-313-1400.

Glenwood 50+ Center

Thursday, November 3 • 1:30 p.m. – **Gifts from the Kitchen**

Join staff for a hands-on kitchen demonstration to create a tasty gift and learn unique ways to package food gifts. Cost: \$8; pre-register: 410-313-5440.

Wednesday, November 9 • Noon – **Veterans Day Luncheon**

We honor our Veterans with a delicious spaghetti luncheon and desserts. Short program and time for sharing is included. Vets are encouraged to bring items and share stories. Cost: \$6 – FREE for veterans; pre-register: 410-313-5440.

Tuesday, November 15 • 1 p.m. – **Trash to Treasure**

Don't miss the last of our Pallet Palooza Series! Use reclaimed wood to create and decorate your own coat rack shelf and Christmas tree. Cost: \$15. Pre-register in advance: 410-313-5440.

North Laurel 50+ Center

Thursday, November 10 • 10 a.m. to noon –

Veterans Day Meet & Greet

Enjoy a cup of coffee and meet local service members as we honor our hometown heroes and view a military memorabilia presentation. FREE; to reserve a seat, call 410-313-0380.

Wednesday, November 16 • 11 a.m. to 1 p.m. –

Thanksgiving Social

Gather with friends and enjoy a special holiday lunch and a musical comedy performance by "Two for the Show." Cost: \$3 plus lunch contribution. Register: 410-313-0380.

Wednesday, November 30 • 11 a.m. to noon –

Fall Classical Concert: Woodwind Trio

Enjoy a classical music concert by the Candlelight Concert Society as you sip toasty warm apple cider. Call 410-313-0380 to reserve a seat.